



The only bilingual Chinese-English Newspaper in New England 全紐英倫區唯一的中英雙語雙週報

July 6 - July 19, 2012

www.sampan.org

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New Facility Added to Chinatown

Hostelling International Holds Open House at Grand Opening



Hostelling International Boston's grand opening at the hostel's new Chinatown location, on June 22, attracted numerous visitors who were given an inside look at the new facility.

Located at an intersection of Boston's midtown cultural district, theatre district, and Chinatown, the state-of-the-art 480-bed hostel offers affordable accommodation that is geared toward a younger clientele. The hostel incorporates dorm rooms with four to eight beds, as well as a library, activity room, television room, kitchens and internet lounge, for a unique lodging experience.

Boston Mayor Thomas Menino said in the opening speech that the new hostel is "so far superior to the ones in the country," and will be able to accommodate waves of tourists vis-

iting Boston in the upcoming holidays.

The new building at 19 Stuart Street is LEED Gold certified and the atmosphere of the hostel is meant to "foster intercultural exchange and awareness" among its guests, according to the organization's website.

Features that make the building LEED Certified are the building's use of ultra-low flow toilets, efficient lighting systems, use of non-toxic cleaners, green elevators, low-flow shower heads and faucet fixtures, and highly reflective "white" roof that reduces cooling needs.

HI-Boston does not only focus on business but also community involvement. Bob Sylvia, the General Manager of HI Boston, said their community room is open to the

buses unlimitedly, is now \$70.

For elderly or disabled riders who use The RIDE system, increases are a bit heavier. Those who take the paratransit service will be paying roughly 100 percent more than they are used to paying. Use of The RIDE will now cost \$4. Premium trips will cost \$5, beginning October 1.

Starting from July 1, eliminated bus routes include the 48, 355 and 500.

MBTA Fare Hikes and Service Change Effective July 1

The first MBTA fare increase in more than five years officially became effective on Sunday, July 1.

Fares are going up by 23 percent on average. A single Charlie Ticket to get on the bus now costs \$2. For a train, the price is \$2.50. With a CharlieCard, the bus fare is \$1.50, up a quarter from the old fare, and for the subway with a CharlieCard is \$2. Monthly "Link Passes," which let one get on trains and

Thousands gathered to celebrate Chinatown Main Street Festival

萬人同慶
波士頓華埠主街聯歡會

6月24日，星期日，一年一度的波士頓華埠主街聯歡節在波士頓華埠舉行。歡慶活動從上午十點一直持續到下午五點。在天下為公樓牌旁的舞台上，開幕式及各種表演繽紛呈。

近七十個商家和社團在華埠的夏利臣街、啟臣街、泰勒街以及碧珠街上設置攤位。豐富的美食，亞洲工藝品以及服裝等，吸引了遊客近萬人。

開幕式由華埠主街主席余俊明，董事何遠光擔任司儀。紐英倫中華公所主席黃光野、駐波士頓台北經濟文化辦事處處長洪慧珠、波士頓僑教中心主任黃正傑、麻州眾議員陳德基（Tacky Chan）、議員麥家威（Aaron Michlewitz）、波士頓市議員普斯莉（Ayanna Presley）、議員亞萊奧（Felix Arroyo）、美國海關與邊境保護局紐英倫地區主任Kevin Weeks和Larry Brid、波士頓市警察局A-1區警長Tom Lee等人士出席開幕式並一致致詞。麻州民主黨候選人Elizabeth Warren也在下午到場致詞，並與大家合影。

詳見第一版



左起: 吳弭、劉煒、Elizabeth Warren、陳毓禮、阮鴻燦、Alethea Harney

public, and local residents can take advantage of this common space.

"If you want to use this room for social gatherings, meetings, or other events, you can make a reservation through HI Boston and it is free," said Silva.

HIGHLIGHTS

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新波士頓國際青年旅舍
盛大開業
第二版

EVENT CALENDAR

Practicing Chinese Calligraphy for Free
 Saturday, July 7, 2012, 3:00 p.m. - 7:00 p.m.
 1776 Beacon Street, 2R,
 Brookline, MA 02445

Through practicing Chinese calligraphy, you are learning Chinese language, Chinese culture and Chinese history; you are exploring a language and a culture which one fourth of the world population are using. It will be exciting, amazing and fascinating. For more info, contact 617-286-4068 or brooklineccc@gmail.com

A Midsummer Night's Dream
 Saturday, July 7, 5:30 PM
 Lincoln Commons, Bryant St/Cross St
 Malden, MA 02148

Oak Grove Improvement Association is proud to present the Malden Shakespeare Project in Malden's picturesque parks. This is being performed in theatre-in-the-round with a special 1980s theme.

Schedule:
 Sat., July 7, 5:30 p.m. at Lincoln Commons
 Sat., July 14, 5:30 p.m. at Bell Rock Park
 Sat., July 21, 5:30 p.m. at Coytemore Lea Park
 Sat., July 28, 5:30 p.m. at Fellsmere Pond Park

Please bring a blanket or chair.
***RAIN VENUE:** Oak Grove Community Building, 6 Grove St. Malden

For more info, contact 781-321-6504 or carol.oakgrove@verizon.net.

Davis Flea: An Open-Air Market
 Sunday, July 8, 10:00 a.m. - 4:00 p.m.
 Davis Square
 College Avenue and Holland Street
 Somerville, MA 02144

Dealers will be selling vintage, re-purposed and antique merchandise, which will be scrutinized and curated by the Davis Flea. The Davis Flea is co-managed by partners Greg Ghazil, Jennifer Kniff and Maureen Nuccitelli. All three partners have roots tied to Davis Square. The market will be open rain or shine.

AACA Community Forum
 Thursday, July 12, noon - 1 p.m.
 Asian American Civic Association
 87 Tyler Street, 4th floor
 Boston, MA 02111

LOOK OUT FOR UPCOMING SAMPAN SPECIAL ISSUES!

The "Green" Issue - 7/20

Obesity Issue - 8/24

August Moon Issue - 9/29

Smoking Issue - 11/9

Real Estate Issue - 11/30

AACA is hosting Quincy Mayor Thomas P. Koch as part of its Summer 2012 Community Forum series. Koch will speak on "Empowering Immigrant Communities in Quincy: Difficulties, Opportunities and Civic Engagement." The event is free. To RSVP, please contact 617-426-9492 ext. 312, or rsvp@aaca-boston.org.

Free Concert Sounds of the Garden
 Wednesday, July 18, 6:30 p.m.
 Southwest Boston Community Garden

The 2012 summer community garden concert series will kick off with Lloyd Thayer performing the blues with old standards mixed in with new tunes all on the resonator guitar and harmonica. Families are invited to join the fun on Wednesday, July 18 at 6:30 p.m. at the Southwest Boston Community Garden located on the corner of Rowe Street and Cummings Highway in Roslindale. Contact BNAN at 617-542-7696

Free Blood Sugar and Blood Pressure Screening

Thursday, July 26, from 10 a.m. - noon
 Brookline Bank Commercial st, Malden.

Joslin Diabetes Center Affiliate at Hallmark Health will be offering the free screenings of blood sugar and blood pressure on July 26 from 10 - 12 noon at the Brookline Bank Commercial st, Malden.

Fish, Silk, Tea, Bamboo: Cultivating an Image of China

Through January 31, 2013
 Asian Export Art: Works on Paper Gallery
 Peabody Essex Museum

Through delicate works on paper and other select objects, explore four essential motifs Westerners often associate with China -- fish, silk, tea, bamboo. Each was cultivated for artistic expression as well as profit. All helped shape the emerging concept of the Middle Kingdom in 18th-century Europe.

Perfect Imbalance, Exploring Chinese Aesthetics

Through January 31, 2013
 Chinese Art, E. Rhodes and Leona B. Carpenter Foundation Gallery, PEM

Chinese culture is diverse, longstanding and ever-changing. Yet common ties

unite. This exhibition offers an approach to understanding Chinese culture through a study and celebration of the aesthetics of Chinese art. Objects included reveal key aesthetic clues that define the art of China, and distinguish it from art produced by neighboring regions, or art made in China for the export market. These aesthetic standards prevailed with the passing of time and foreign influences. Ultimately they are a testament to the power of art. The exhibition features 30 objects that date from the Neolithic era to 2004 in a range of media including paintings, jade, textiles, porcelain and prints.

Malden Farmers Market starts on July 10
 Tuesday, July 10, 3:00 pm
 Government Center
 200 Pleasant St, Malden, MA

Starting from June 19 to September 18th, Malden Farmers Market will be held every Tuesday, either rain or sunny, from 3:00pm to 6:00pm. Fresh produce from Busa Farms, Simone's Riverside Farm and Silverbrook Farms will be available. Specialty foods, baked goods, and crafts can also be found. For more information, contact the Malden Chamber of Commerce at 781 322 4500 or www.maldenchamber.org.

Art of the White Mountains

July 14, 2012 - July 7, 2013
 Gallery LG26,
 Museum of Fine Arts Boston

"Art of the White Mountains" examines the allure of the area for artists for over a century and a half. Works ranging from exquisite, intimate sketches of the region's flora and geological formations to panoramic vistas of the expansive landscape will be featured in a selection of oil paintings, drawings, prints, watercolors, sketchbooks, photographs, and rare books.

This varied material offers the opportunity to consider the changing stylistic approaches as they evolved over time from Hudson River School painters to early modernists, the influence of legends or history on choice of subject, and issues such as the rise of tourism in the area and its impact on artists.

SAMPAN

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 87 TYLER STREET
 BOSTON, MA 02111
 TEL: (617) 426-9492
 FAX: (617) 482-2316

Editor:
Yuanfei Zheng
editor@sampan.org

English Section:

Contributors:
Lillian Chan
Anna Ing
Jianghe Niu
Michael Tow
Samuel Tsoi

Production:
Teresa Cheong
Yuanfei Zheng

Chinese Section:

Translators:
Gongquan Chen
Ivy Mah
Yuanfei Zheng

Marketing and Advertising:
Teresa Cheong
ads@sampan.org

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 Boston, MA 02111
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Annual Chinatown Main Street Celebration attracts thousands



Massachusetts Democratic Party candidate Elizabeth Warren posed with performers

Thousands gathered in Boston's Chinatown to celebrate the Chinatown Main Street Festival on Sunday, June 24. The opening ceremony and performances were held on the stage of the Chinatown Park, next to Chinatown Gate.

Around 70 vendors set up their booths on Tyler, Harrison, Beach, and Hudson Streets. They were mainly Chinatown businesses selling food, Asian arts, crafts and apparel outside their stores and restaurants.

Tony Yee, president of the board of Chinatown Main Street, and Gilbert Ho, board member of Chinatown Main Street hosted the opening ceremony. Rick Wong, President of Chinese Consolidated Benevolent Association (CCBA), Anne Hung, Director-General of The Taipei Economic and Cultural Office in Boston, Huang Cheng-chie, Director of TECO Culture Center, Massachusetts House of Representatives Tacky Chan and Aaron Michlewitz, Boston City Councilors Ayanna Presley and Felix Arroyo

also gave their individual speech in the ceremony. Massachusetts Democratic Party candidate Elizabeth Warren appeared at the event as well and greeted the Chinatown residents.

Rep. Aaron Michlewitz especially mentioned the contribution of Boston Mayor Thomas Menino to the creation of the Boston Main Streets Program that revitalizes the city's business districts. Chinatown was among the program's first ten communities selected in 1995.

Following the opening ceremony, the event featured martial arts demonstrations, musical performances, lion dances, games and children's activities. Federal officers from US Customs and Border Protection also demonstrated the equipment and techniques they use to secure the country's ports, airports and borders at the event.

The day of event ended with a fashion show featuring traditional Chinese clothing by the Eclipse Media Group.



Young artists performing on the stage.



Chinese Dragon Dance performance



From left: Gilbert Ho, Fan Changting, Tony Yee

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Boston Water and Sewer Commission

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Thai Restaurant: Dok Bua

By Anna Ing

Dok Bua (411 Harvard Street, Brookline, MA 617-232-2955) is located on Harvard Street not far from Coolidge Corner and Harvard Avenue T stops started out as a market with one side with tables to eat delicious Thai food about 14 years ago. Since then, the market ended and the restaurant expanded. The kitschy décor is a bit cluttered with many versions of miniature food displays creating a more colorful and casual informal feel. Dok Bua was voted by locals in 2011 to be the best Thai in Brookline and by Boston Magazine as the "Best of Boston in 2007" as well.

Thai food lovers know that it is a cuisine that mixes and tries to harmonize with the distinct flavors of sweet, sour, bitter and salty which is not an easy feat. Plus, with all the wonderful influences it has from Chinese, Indian, Persian, Lao and Vietnamese cooking, it is no wonder it tastes delicious! Somehow, Dok Bua does a great job and continues to have a loyal following.

The menu has many helpful photos and is chockfull of food choices (many that cannot be found on other menus). Their prices are reasonable and portions are generous which keep customers coming back for more. Currently, the restaurant provides limited delivery service for a \$2 fee

and \$15 order minimum. Plus fans rate it to be vegetarian friendly and they use healthy canola and corn oils.

During a recent trip, the reasonable \$10.95 dinner special plate had 20 options to choose from along with a choice of Chicken, Pork Beef or Tofu or you could add \$3 more for Shrimp, Squid, Fish or Duck. Every dinner special entrée plate is served with jasmine rice, Tom-yum soup (Thai hot and sour soup), egg roll and fried pork dumpling. I opted for #14 for the Moo-Yang (grilled pork). Also chosen was the N2 or Pad-Si-Ew (entrée) (\$8.95) sautéed rice noodles with Chinese Broccoli. For refreshment, the Thai Iced Tea (\$2.50) satisfied just balancing the right amount of sweetness and tea flavor without it being overpowered by the cream.

Instead of Jasmine rice, brown rice was chosen and at no extra charge for the dinner special. The Moo Yang was superb. It was very flavorful with the sweetness and soy flavor. It was addictive and well complemented by the rice. The Tom Yum soup had a nice balance of the sweet and sour from the lemon grass (herb with subtle citrus flavor native to South East Asia and India), kaffir lime (a lime from South East Asia and India), galangal



(from ginger family), fish sauce, lime juice and crushed chili peppers. The egg roll was fried but nothing spectacular simply filled with slivered vegetables and vermicelli. The fried pork dumplings were a somewhat better with a bit thicker wrapper but the dumpling went well with its dipping sauce.

The heaping plate of Pad-Si-Ew (stir fried with soy sauce) came out with perfectly cooked. Slightly chewy fat, flat long noodles and dark soy sauce gave a simple yet satisfying soy fla-

vor and fish sauce plus the not overcooked Chinese Broccoli still had a nice slight crunch. Being a vegetarian, my dining companion enjoyed the simple stir friend veggies, remarking it was a generous portion with very fresh vegetables.

The service is attentive and friendly and all the servers make sure you are not ignored. If you want to check out a new Thai food option around the Brookline and Allston area, make sure to check out Dok Bua.

Six Summer Savings Tips

By CERTIFIED FINANCIAL PLANNER™ Michael C. Tow

Summer is definitely here and it's such a wonderful time of the year to spend with family and friends. However with vacations, day trips, summer camps, increased electric and fuel costs and attending weddings and events, the summer can be an expensive time. Here are 6 tips for you to consider trying to save money during the summer.

1. Barbeque outside. Eating at home is always a good way to save but during the summer it can reduce your energy bill as well. Using the stove or baking in the oven can create a lot of excess heat that will only increase the temperature of your home. Consider making more meals on the grill so

that you can keep it cool inside.

2. Help out your AC unit. Open up the windows and ventilate when it's cool outside. Turn off the AC before you go off to bed or use the timer function if you have it. Try to close your curtains during the day as much as you can. Opening your curtains will bring in sunlight, but heat as well. Don't make your air conditioner work harder than it already has too. Windows are one of the largest sources of heat gain in your home.

3. Start a garden or visit farmer's markets. There's nothing like coming home and going out to the backyard to pick ingredients for your dinner.

While there are start up costs for a garden it can be well worth the money for many different reasons. If you don't have the space check out a community garden or visit your local farmer's market where the seasonal produce can be quite inexpensive.

4. Take advantage of free or low cost activities/events in your town. While going to expensive amusement parks over the summer can be a lot of fun it's tough on the wallet too. Check out your local newspaper or website for community events and activities that your family could enjoy without breaking the bank.

5. Make your own iced coffee. Nothing beats a cool drink on a hot summer day but spending \$4 a day for a large iced coffee can sure add up. Try making your own from the leftover coffee from the morning pot. I gave up coffee a few years ago (which is actually the best way to save) but I heard that if you have time to cold brew it tastes even better!

6. Let your laundry dry outside. If you have the ability to hang up laundry outside, let the warm summer breeze do it for you. It may take a lot longer than using your dryer, but there are some advantages to air drying. It saves you money and increases the lifespan of your clothing and Dryers can shrink clothing, and fade colors. Even if you can't hang up clothes outside, try using your dryer on a lower heat setting or only partially drying your shirts and letting them air dry the rest of the way I hope these summer tips are helpful

since the back to school spending is just around the corner! For those of you who are golfers be sure to check out my future article on golfing on a budget.

If you have a topic that you would like me to discuss in a future article please email me at mtow@newbostonfinancial.com.

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CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC and a Registered Investment Adviser. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

Play Pays: The Rich Benefits of Tree-Climbing, Firefly-Chasing, Unstructured Play

By Madeline Levine

If you're like many parents, your child's summer may already be booked up with "enriching activities." Maybe you're shipping him off to a rigorous math or computer camp designed to give him an academic edge. Or perhaps she'll be living at home but attending an educational day camp or an intensive sports camp. At the very least you're using the break from school to double up on her (already daunting) schedule of gymnastics and dance classes, supplemented with an ambitious summer reading list.

When will your child have time to play? Just...play?

Play is serious business. We tend to see it as wasted time, but it's actually anything *but*. Play is the work of childhood.

The American Academy of Pediatrics (AAP) recommends that children play outside as much as possible, for at least 60 minutes a day. Unfortunately, almost half of our children aren't getting any time outside. Sending kids outside to play more often would not only go a long way toward combating our childhood obesity problem, it would simultaneously allow kids to enjoy more unstructured play. Most experts agree that kids should have twice as much unstructured free time as structured playtime. Every child is different, but as Ken Ginsburg,

MD, a leading expert on resilience, says, "What every child needs is free, unscheduled time to master his or her environment."

So what, exactly, is it that makes play so valuable?

It miniaturizes the world so that kids can deal with it. Play primes children for learning. Toddlers, for instance, love to climb up and down stairs. This allows practice in reading visual cues—i.e., the height of each stair—that plain-old walking doesn't provide. School-age children play games that have rules, which initiate them into the social institutions they'll live and work in all their lives.

It teaches them how to handle stress and conflict. Consider the spats, arguments, and out-and-out fights kids get into when they're playing with their friends. If they can't resolve or at least smooth over their disagreements, then the game will grind to a halt—and that's not good for anyone.

Solitary play, too, provides plenty of problem-solving practice. Watch a young girl playing with her dollhouse and talking to the dolls: If her "child" steals a cookie from the cookie jar she may try out different ways of handling the situation. Does she scold the child? Bash her over the head? Kick her out of the house?

It's a feast for the senses—and the senses are the vehicles for childhood learning. You can explain a concept to children all day and they won't get it. You can show them in a classroom laboratory, and, sure, they may "get it" on some level. But when they discover it themselves—by doing, *not* by listening to someone talk—ah, that's when the light bulb really comes on.

It gives kids a sense of power in a world in which they are essentially powerless. This is why kids love pretend dragon-slaying so much: They are helpless in the face of real-world "dragons" like parents, teachers, and other authority figures. Try to remember what it felt like to be small and powerless. Much of children's fiction is on this theme (think Dorothy and her shaking clan before the hidden Wizard of Oz).

In order to push out into the world, to take risks and to craft ethical positions, kids need to feel that they have some impact on the environment. This gets rehearsed in play, helping to get kids ready to stand up to the school bully or to resist peer pressure.

It bridges the gap between imagination and creativity. All children are imaginative. Anyone who has ever seen a little girl wearing a

white bathrobe and a towel draped over her head pretending she's getting married or a little boy using a stick he found in the yard to cast wizard spells at the family dog has seen that imagination in action. Self-directed play cultivates that imagination into creativity.

It teaches us about ourselves. Our sense of self must be shaped internally, not externally. We need to learn what we're good at and not good at—what we like and don't like—on our own rather than being told by parents, coaches, and instructors. This is why it's so important to let our kids try out lots of different activities (art, music, soccer, karate, gymnastics) rather than immersing them full-time in one or two that *you* prefer. It's also why they need plenty of time *not* devoted to any structured activity at all.

About the Author:

Madeline Levine, PhD, is a clinician, consultant, and educator; the author of *New York Times* bestseller *The Price of Privilege* and *Teach Your Children Well*.

BPS announces additional "what we are hearing" community meetings in July

BOSTON — Boston Public Schools (BPS) will host additional community meetings in July to talk about 'what we are hearing' in their analysis of community feedback and the next steps in the student assignment redesign process. A report on the feedback is available on their new website, www.bostonschoolchoice.org.

Downtown: Wednesday, July 11, 6-8pm

Suffolk University 9th floor conference room, 73 Tremont St., Downtown
Chinese interpretation provided

Mattapan: Thursday, July 12, 6-8pm

Mildred Ave. K-8 School, 5 Mildred Ave., Mattapan
Haitian Creole interpretation provided

East Boston: Tuesday, July 17, 6-8pm

Mario Umana Academy, 312 Border St., East Boston
Spanish interpretation provided

Roxbury: Wednesday, July 18, 5-7pm

O'Bryant School of Mathematics and Science 1st floor library, 55 Malcolm X Blvd., Roxbury
In partnership with Phillips Brooks House Association Summer Programs
Chinese, Haitian Creole, Spanish interpretation provided

Charlestown: Thursday, July 19, 6-8pm

Warren/Prescott K-8 School, 50 School St., Charlestown
Spanish interpretation provided

Chinatown: Saturday, July 21, 10am-Noon

Boston Chinatown Neighborhood Association, 38 Ash St.
Cantonese and Mandarin interpretation provided

Allston/Brighton: Tuesday, July 24, 6-8pm

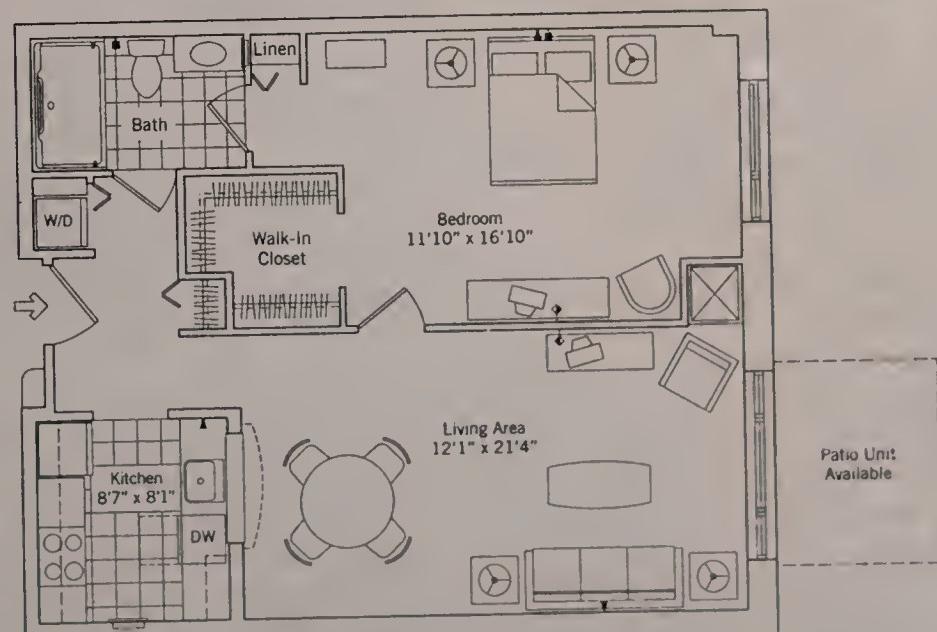
Edison K-8 School, 60 Glenmont Rd., Brighton
Chinese, Spanish interpretation provided

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Keeping Children Sun-Safe This Summer and All Year Long

The Skin Cancer Foundation Offers Sun Safety Tips for Kids

With summer under way, children will spend more time outdoors, in backyards and at parks, summer camps, beaches and other vacation destinations. So, it is important to remember that exposure to the sun's ultraviolet radiation (UVR) is strongly linked to all forms of skin cancer. Luckily, with good sun safety habits including proper clothing and sunscreen, children can enjoy all sorts of outdoor activities without risking their health. "By teaching your children to incorporate sun protection into their daily routine, you'll significantly lower their risk of developing skin cancer as an adult," says Perry Robins, MD, President of The Skin Cancer Foundation.

Help children stay safe in the sun with the following tips from The Skin Cancer Foundation:

Seek the Shade: Remind kids to play in shaded areas in order to limit UV exposure. Check with camps to see if there are adequate places for campers to seek shade during outdoor activities taking place between 10 AM and 4 PM, when UV rays are most intense.

Avoid Tanning: Tweens and teens may be tempted to "lay out" or visit tanning salons. But there is no such thing as a safe, healthy or protective tan, because tanning itself is caused by DNA damage to the skin. One or more blistering sunburns in childhood or adolescence more than doubles a person's chances of developing potentially deadly melanomas later in life.

Cover up with Clothing: Consider dressing them in swim shirts or rash guards while in the water at the pool or beach. Protect the face, neck and eyes with broad-brimmed hats and UV-blocking sunglasses.

Use Sunscreen: For everyday use, look for broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher. If



Photo by Melfoody via Flickr

your child will be spending extended time outdoors, use a water-resistant, broad spectrum sunscreen with an SPF of 30 or higher. Apply 1 ounce (2 tablespoons) of sunscreen to your child's entire body 30 minutes before going outside. Assist children in reapplying sunscreen every two hours and after swimming or playing sports, because water and sweat wash sunscreen away. If your children apply their own sunscreen, remind them to cover easy-to-miss spots, such as the backs of ears and neck, as well as the

tops of feet and hands.

Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.

Practice What You Preach: Incorporate these tips into your own lifestyle. You'll not only set a good example, but you'll reduce your risk of skin cancer, sun damage and skin aging.

(This article is provided by The Skin Cancer Foundation.)

About The Skin Cancer Foundation

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection and treatment of skin cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research.

Tufts Medical Center

Enjoy the Summer by Staying Hydrated

Hydration is critical for our body to function well throughout the day, particularly in summer when we are more active and sweat more often.

Many of us follow the "8 cups" rule, which means adults should drink 8 cups per day to keep hydrated. All beverages you drink can be counted into these 8 cups. Just like food, making wiser choices on beverage is important for your health.

The best beverage is always water-best for keeping you away from thirst. Also it is money saving to drink water from the tap at home or when eating out. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. On average, adults and children in U.S. take in about 400 calories per day as beverages. Substitute these with water, nonfat or low fat milk or diet drinks can help

you better manage your weight. If you have diabetes, remember to include any carbohydrate in your beverage in your daily carbohydrate counting. The amount of the carbohydrate in beverages can be easily found in the nutrition label on the package.

Many of us are more active during summer-we go out for a walk under the sun, enjoy some leisure time on the beach or go camp in the wild. Dehydration often leads to decrease body performance or health problems. Drink fluid the recommended 30 – 60 minutes before you exercise or participate in an activity. If possible sip fluid every 10 – 20 minutes during the exercise. Follow these rules or your thirst as the indicator of dehydration. During intense exercise you can consider a sports drink but not carbonated drinks or drinks with caffeine or high in sugar to hydrate.

By Zhanglin Kong

New Weight-loss Drug

Last week, the Food and Drug Administration has approved marketing of the drug lorcaserin, the first prescription medication that helps Americans lose weight to have been approved by FDA since 1999.

Once it is cleared by the Drug Enforcement Administration, the new weight-loss drug, under the commercial name Belviq, will be marketed in the United States.

According to a clinical trial of lorcaserin published in the New England Journal of Medicine, Belviq offers would-be dieters modest benefits. It found that after one year taking the drug as a supplement to diet and exercise, two-thirds of patients on the drug lost 5% of their body weight; a third lost at least 10%. The average weight loss was 17 to 18 pounds.

Over one in three adult Americans is considered obese, and an additional 36% are overweight. The widespread concern is that Type 2 diabetes, heart disease and certain cancers linked to obesity will overwhelm the U.S. healthcare system. Obesity-related disease is already estimated to account for \$147 billion in annual healthcare costs.

After a lengthy review by an agency to help Americans lose weight and, at the same time to screen out drugs that could prove dangerous once embraced by a vast patient population, the approval of Belviq finally came. Belviq, the first of four candidate weight-loss drugs the FDA has agonized over in recent years, is made by San Diego-based Arena Pharmaceuticals.

保持水份 享受夏日

夏天到了，我們更加經常出門活動，出汗也更加多了。充足的水份是令我們的身體良好運轉的關鍵。

我們很多人遵循「一天8杯水」的規則，也就是說，成年人應每天喝8杯水保持水分。你喝的所有飲料都可以計入8杯之內。就像選擇食物一樣，明智地選擇飲料是對您的健康很重要的。

最好的飲料永遠是水，水最為解渴，並且在家或外出就餐時堅持飲水會幫你省錢。普通的蘇打飲料，能源或運動飲料，和其它的甜飲料通常含有大量的糖，含有許多額外的能量。平均而言，美國的成人和兒童每天從飲料中攝取約400卡路里。用水，脫脂或低脂牛奶，或無糖飲品替代這些含糖飲料可以幫助你更好地管理你的體重。

如果你有糖尿病，請記得把任何您飲品中的碳水化合物包括在您的日常碳水化合物計算中。您可以從飲品包裝上的營養標籤中很容易的查到碳水化合物的含量。

我們很多人在夏天都活動更多，我們出門在陽光下散步，在沙灘上享受一些閒暇時間，或在野外露營燒烤。飲水不足或脫水往往會導致身體不適和健康問題。為了避免這些問題，開始活動的30 - 60分鐘前應該和適量的水。如果可能在活動期間每10到20分鐘就喝一兩口水。按照這些規則或在你口渴



圖片來自cstrom



圖片來自.aditya.



圖片來自bhollar

時就喝水能夠避免脫水。在做激烈的運動時，你可以考慮喝一些運動飲料，但不建議

選擇碳酸飲料，含咖啡因飲品或高糖飲品。

文章由塔芙茨大學營養科學碩士及現職營養師孔璋林提供。

皮膚健康貼士：夏日兒童如何防曬

本文由皮膚癌基金會提供

夏天，孩子們會花更多的時間在戶外，如在後院、公園、夏令營、海灘和其他度假勝地。因此，你需要記住，陽光中的紫外線輻射（紫外線）和各種皮膚癌都有密切關聯。幸運的是，只要養成良好的防曬習慣，包括穿著適當的衣物和使用防曬物品，孩子們便可以安全地進行各種戶外活動。皮膚癌基金會主席及醫學博士佩里·羅賓斯說：「讓你的孩子養成日常防曬的習慣，你會大大降低他們成年後患皮膚癌的機率。」

對於兒童如何防曬，皮膚癌基金會給出以下建議：

- 在陰涼處活動：為限制紫外線照射，建議孩子們在陰涼處玩耍。上午10點到下午4點之間，是紫外線最強烈的時候，野營的時候，要考慮到周圍是否有樹蔭可以遮陽。
- 避免曬黑：小學生和青少年可能會受到誘惑，進行日光浴或是到美容院美黑。但事實上，根部不存在安全健康無傷害的美黑。因為曬黑都意味著皮膚的DNA受到了損害。如果在童年或青少年時期有曬傷經歷，成年後患致命的黑色素瘤的機率至少會提高一倍。
- 用衣物遮體：當在游泳池或海邊的時候，建議兒童穿有袖子的泳衣或是防水服。用寬沿帽子以及防紫外線的太陽鏡來保護面部、頸部以及眼睛。
- 使用防曬霜：對於日常使用，使用廣譜防曬（UVA / UVB的SPF 15或更高）。如果你的孩子將花更長的時間在戶外，需要使用防水、廣譜防曬SPF 30或更高的防曬霜。外出前30分鐘，使用1盎司（2湯匙）的防曬霜塗抹孩子的整個身體。每隔兩小時或游泳、運動後，幫孩子重新塗抹防曬霜，因為水和汗水會使防曬霜脫離。如果你的孩子自己塗抹防曬霜，提醒他們要塗抹容易錯過的部位，如耳朵和脖子的背部，以及手背和腳背。
- 新生兒應避免陽光直射。防曬霜只適用於六個月以上的嬰兒。
- 言傳身教：作為父母，用同樣的方式做好自己的防曬工作。這樣，不僅給孩子樹立了好榜樣，同時也降低了你曬傷、皮膚老化以及得皮膚癌的機率。

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公眾諮詢會議：

Frothingham Hall, 15 Barrows St., Easton, 6PM, 7/30

申請表可於以下地方索取：
Easton Town Hall, Town Offices & Ames Free Library

或郵寄至：
JTE Realty Associates, P. O. Box 955, No. Andover, MA 01845

或電郵至：
winterberry@jterealtyassociates.com

必須提供回郵地址。
查詢電話：978-258-3492

截止申請日期：**8/31/2012**



關於皮膚癌基金會

皮膚癌基金會是唯一的專門預防、早期發現和治療皮膚癌全球性組織。基金會的使命是通過對公眾和專業人士進行教育和研究以降低皮膚癌發病率。有關更多信息，請瀏覽www.SkinCancer.org。

Tufts Medical Center

2012年7月移民排期表

親屬移民排期表

親屬移民 排期	全世界(包 括港澳台)	中國大陸	印度	墨西哥	菲律賓
第一優先	2005年 7月8日	2005年 7月8日	2005年 7月8日	1993年 6月8日	1997年 7月15日
第二優先 2A	2010年 2月15日	2010年 2月15日	2010年 2月15日	2010年 2月1日	2010年 2月15日
第二優先 2B	2004年 5月1日	2004年 5月1日	2004年 5月1日	1992年 1月1日	2001年 12月22日
第三優先	2002年 4月15日	2002年 4月15日	2002年 4月15日	1993年 1月22日	1992年 7月22日
第四優先	2001年 1月22日	2001年 1月8日	2001年 1月22日	1996年 6月8日	1989年 2月1日

職業移民排期表

職業移民 排期	全世界(包 括港澳台)	中國大陸	印度	墨西哥	ofilipinas
第一優先	有名額	有名額	有名額	有名額	有名額
第二優先	2009年 1月1日	無名額	無名額	2009年 1月1日	2009年 1月1日
第三優先	2006年 7月22日	2005年 9月22日	2002年 9月22日	2006年 7月22日	2006年 6月8日
非技術 勞工	2006年 7月22日	2003年 6月15日	2002年 9月22日	2006年 7月22日	2006年 6月8日
第四優先	有名額	有名額	有名額	有名額	有名額
宗教 工作者	有名額	有名額	有名額	有名額	有名額
第五優先	有名額	有名額	有名額	有名額	有名額

活動信息

中國書法練習

7月7日，星期六，下午3點至7點
波士頓華僑文教服務中心禮堂
中華民國外交部贊助的「青年大使波士頓訪問團」，由國立政治大學姜家雄教授率領，一行7人，將於7月7日(週六)下午2點至3點半，在波士頓華僑文教服務中心禮堂舉行訪問成果發表會，並表演才藝，歡迎各界出席。

C型肝炎講座

7月7日，星期六，晚上六點至八點

勒星頓鎮揚子江餐廳
美中醫學交流協會(ACMES)將於七月七日(週六)晚六到八點，假勒星頓鎮揚子江餐廳，舉辦C型肝炎講座，邀請胡克青(Keqin Hu)講談。該會另將於八月廿六日(週日)早上十點至傍晚六點半，在麻州貝爾蒙鎮McLean醫院，舉辦「自閉症的生物醫藥衍進(Biomedical advances in Autism 2012)」會議。查詢詳情或報名，可洽info@acmes.net。

青年大使展成果

7月7日，星期六，下午2點至3點半
波士頓華僑文教服務中心禮堂
中華民國外交部贊助的「青年大使波士頓訪問團」，由國立政治大學姜家雄教授率領，一行7人，將於7月7日(週六)下午2點至3點半，在波士頓華僑文教服務中心禮堂舉行訪問成果發表會，並表演才藝，歡迎各界出席。

馬爾登農夫市場
7月10日，星期二，下午三點
Government Center,
200 Pleasant St,
Malden, MA
晴雨無阻
從6月19日起，到9月18日，每個星期二的下午三點到六點來自農場的新鮮農產品，還有麵包，工藝品等。電話：781-3224500

華美福利會社區論壇
7月12日，星期四，中午十二點至下午一點
五樓，87 Tyler Street,
Boston, MA

華美福利會將於七月十二日(週四)中午十二點至下午一點，假該會(87 Tyler Street, Boston, MA)舉辦社區講座，邀昆士市長柯奇(Tom Koch)講「昆士市移民社群賦權：挑戰、機遇和社區參與」。查詢詳情可洽617-426-9492。

華美銀行講座
7月17日，星期二，上午八點半至九點半
昆市商會(Quincy Chamber of Commerce, 1400 Hancock St., Suite 1A, Quincy)

華美銀行將於七月十七日(週二)早上八點半至九點半，在昆市商會(Quincy Chamber of Commerce, 1400 Hancock St., Suite 1A, Quincy)舉辦講座，安排該行有八年商業貸款經驗的關係經理林志超，講談「小企業貸款」，內容包括決定信用的五個C，小企業的財務選擇，提供給牙醫、獸醫、驗光師及醫師、會計師的特種貸款。查詢可上網www.eastwestbank.com。

耆英會眼疾講座

7月19日，星期四，下午三點
中華耆英會康樂樓中華耆英會和紐英崙婦女新運會合作，將於七月十九日(週四)下午三點，在中華耆英會康樂樓，以粵語舉辦「與年齡相關的眼部疾病」講座，邀請紐英崙眼科中心、塔芙茨醫療中心的青光眼專科暨白內障手術醫生Dr. Susan Liang講談。查詢可洽，中華耆英會。

免費血壓血糖測試
7月26日，上午10點至

12點
Brookline Bank Commercial st, Malden (馬爾登) Joslin糖尿病中心為市民提供免費的血壓血糖測試
魚，絲綢，茶，竹：中國映像
即日至2013年1月31日亞洲藝術品，麻州塞冷鎮碧波地博物館通過精美的紙工藝及其他物品，展現中國的魚，絲綢，茶以及竹。

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

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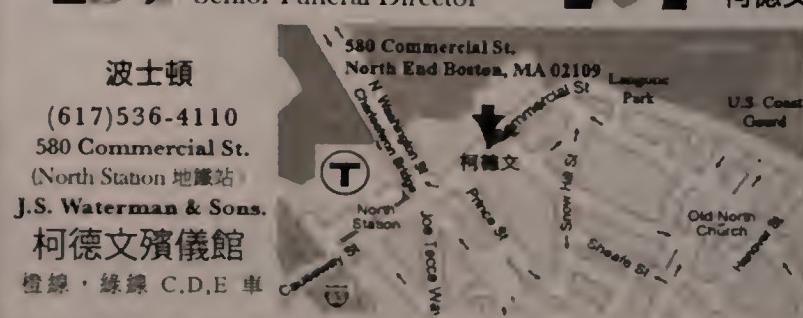
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記者：鄭遠飛、牛江河

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排版：鄭遠飛、
張韻寧

爬樹、追螢火蟲——夏天，讓孩子盡情玩耍

作者：Madeline Levine

可能你像許多父母一樣，已經為你孩子的夏天設計了「豐富的活動」。也許你將送他去參加數學或計算機營地以培養他的學術優勢。或者讓她住在家裏，但參加一個教育或密集的體育夏令營。至少，你會在學校假期活動體操和舞蹈計劃之外加倍地補充一個雄心勃勃的夏季閱讀清單。

你的孩子還有時間玩耍嗎？

這太糟糕了，本來孩子們關於夏天的概念是爬樹，追逐螢火蟲，在樹林裏建立一個堡壘，或者在路邊建立一個檸檬茶攤。這是孩子們需要的，這遠比高價位的夏令營或其他一些往他們那已經疲憊不堪的腦子裏填塞知識更需要。

對孩子們來說，玩是很重要的事情。我們往往把它看作浪費時間，但實際上，遊戲是兒童時代的功課。它是一個課堂，兒童可從中學到將來生活中非常重要的技能。事實上研究表明，參加以遊戲為主的幼兒園的兒童，比參加學術性幼兒園的兒童上學後表現更好。

David Elkind，美國最博學的兒童發展專家之一，說：「玩耍對人類發展至關重要。」他認為玩耍有不同類型：教各種概念和技能的玩，啟發他們進入世界同儕關係的玩和幫助孩子發展戰略和處理壓力的玩。

這些類型的玩耍有一個共同特點，他們都是孩子們自發和自我導向的，孩子們自己在發號施令。

如果一個孩子回到他的房間，自己撫弄吉他，這是他自己在玩，而當教師用圖片啟動「教吉他」時，孩子可能也喜歡，但他已不再是在玩耍了。

美國兒科學會（AAP）建議，盡量讓孩子到外面玩，每天至少60分鐘。不幸的是，我們的孩子幾乎有一半沒有這樣的機會。更多地送孩子到外面玩不僅會有助於解決兒童肥胖問題（AAP有關於這一問題的論述），同時它會讓孩子們享受更多的自由發揮。大多數專家認為，孩子應該有更多自由發揮的遊戲時間，兩倍於結構化的遊戲時間。每個孩子都是不同的，但正如一位主導專家Ken Ginsburg醫師說的，「孩子需要的是自由的，無計劃安排的空間環境。」

那末，到底為什麼說玩耍如此寶貴呢？

它縮小世界，讓孩子們可以應對它。玩耍使孩子學習。例如蹣跚學步的幼兒喜歡爬樓梯。這使得他們看到每一級樓梯的高度，這是平常走路時看不到的。學齡兒童玩的遊戲有各種規則，啟發他們認識以後他們生活和工作其中的社會。

一個簡單的追逐遊戲所涉及的問題其實相當復雜。不斷的跑動，轉身以及攀越障礙，這僅僅是個開始。孩子們在遊戲中要相互配合，這就是社會的需要。他們還必須確定誰是領導，誰是被領導，什麼時間重新談判等等。

這只是一個小例子，但它顯示了我們為什麼不應該對遊戲不屑一顧。孩子們從追逐遊戲學到的東西比他上一星期夏令營學到的要多。

它教他們如何處理壓力和矛盾。孩子們和他們的朋友玩耍時，有時會爭吵，爭論，互不相讓。如果他們不能解決或者至少緩和他們的分歧，那麼遊戲就得停頓下來，這對誰都不好。

單人的遊戲同樣能提供很多解決問題的方法。一個小女孩在玩她的玩具屋並同她的玩偶娃娃說話：如果她的“孩子”從餅乾罐偷了一塊餅乾，她會嘗試用不同的方式處理。她會責罵“孩子”嗎？打她的頭？踢她出房子？

業界領袖認為今天的青年人嚴重缺乏解決問題的能力。雖然這似乎有悖常理，但給你的孩子更多的玩耍時間可能會使她將來進入社會時更能迎接挑戰。

這是一個感官的盛宴——而感官恰恰是兒童開始學習的工具。你可以用一整天時間給孩子解釋一個概念，結果他根本聽不明白。你可以在實驗室裏解釋給他聽，他可能聽懂一點。但是當他在自己做的時候發現，而不是聽別人說，這時候他才真的明白了。

你可以告訴孩子，「12盎司就是12盎司，無論什麼樣的形狀都一樣。」只有當他在玩耍時將一杯水倒入一個又粗又扁的碗裏，然後又將水注入到一個又高又細的玻璃杯裏時，他才能明白你所說的意思。孩子不具備抽象思維的能力。他們邊幹邊學。而玩耍正是學習的好機會。

遊戲讓孩子們在這個他們基本上是無能為力的世界裏找到自己的力量感。這就是為什麼很多孩子喜歡玩屠龍遊戲：面對現實世界中的許多「龍」，像父母，教師和其他權威人物，他們感到很無奈，感覺總是小而無力。所以兒童小說中有許多是關於這一主題的故事（如Dorothy和隱身巫師的故事）。

為了推動孩子們融入社會，承擔風險和具備道德立場，孩子需要認識到自己對環境有一定的影響。在遊戲中發揮作用，能幫助孩子堅強並準備抵禦學校裏的欺負行為或同儕間的壓力。

它填補了想像力和創造力之間的溝壑。孩子們都有豐富的想像力。很多人都見過一個小女孩穿著白色浴袍，把毛巾披在頭上假裝她正在參加婚禮，或者一個小男孩用院子裏的一根棒投向家裏的一條狗以驅趕巫師，這就是實際生活中的想像力。自我導向的遊戲可以培養創造力，想像力。

正是這種創新的能力，在快節奏和客戶有無限選擇的工作場所是至關重要的。一個主要由國際商業機器公司（IBM）進行的研究發現，CEO們最突出的特性就是創造力。（見「IBM複雜的資本」全球首席執行官一覽，2009）

如果你想讓你的孩子發展技能，就經常讓他們自由發揮吧。不要有強加的形式和結構。盡可能避免預包裝的經驗和玩具。

它教育我們自己。我們的自我意識必須形成在內部而不是來自外部。我們自己需要知道，我們善於幹什麼和不善於什麼，喜歡什麼和不喜歡什麼，是我們自己知道而不是由父母，教師或者導師來告訴我們。這就是為什麼說讓我們的孩子嘗試各種不同的活動（藝術，音樂，足球，空手道，體操）是多麼重要，而不要沈浸在一個或兩個你認為好的活動中。這也是為什麼他們需要大量的自由活動時間而不要陷入任何框架化的活動之中。

通過每一個非結構化，非制導的遊戲情節，孩子越來越多地了解他或她自己。正是這種自我意識，為他們整個一生構建未來生活的基礎。

自我導向的發揮是為孩子們好，因為最終他們都將不得不依靠自己的能力和他們的自我意識。如果沒有這一點，他們就總是在外部尋找方向和驗證。業界領袖說，這種不斷尋求外部驗證，資源和方向的工作者會浪費太多時間。

了解自己並不是需要做什麼，而是在靜悄悄地進行的。這種寧靜的空間越多，你為你的孩子創造的條件就越好。（陳公權譯）

Madeline Levine博士是一位臨床醫生、顧問、教育家及紐約時報暢銷書作家。

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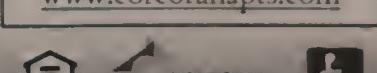
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泰國餐廳 Dok Bua

美食專欄作者：Anna Ing



餐厅外观



烤肉套餐

Dok Bua（地址：411 Harvard Street, Brookline, MA 617-232-2955）坐落於離Coolidge Corner 和Harvard Avenue地鐵站不遠處的Harvard Street上，原身為一個擁有餐檯位置可享受美味的泰式食物的超市，創始於大約14年前。隨著發展，超市逐漸被餐廳所代替。餐廳內展示了各種不同的微型食品的裝飾物為餐廳創建了一個繽紛色彩的休閒環境。Dok Bua在2011年被Brookline當地評為最佳的泰式餐廳，在2007年亦被波士頓雜誌（Boston Magazine）評為波士頓最佳泰式餐廳。

泰式食物愛好者都知道泰菜的獨特風格為將各種不同的味道如甜、酸、苦和鹹這些不容易混合的味道混合於一起。加上來自於中國、印度、波斯，老撾和越南的美味烹飪文化的影響令美食更加的美味。對Dok Bua來說，在繼承傳統的同時更是作出了傑出的成果。

Dok Bua的菜單上有許多食物的圖片對選擇食物時非常有幫助（有許多不能在其他菜單上尋找到的）。合理的價錢亦是餐廳得到更多回頭客的原因之一。目前，餐廳提供有限的外送服務，最低消費\$15起，收取\$2的服務費。他們使用健康的油菜籽和粟米油令他們獲得很多素食忠實食者的高度評價。

最近的就餐經驗，特價\$10.95的晚餐與20種不同的選擇，可選擇雞肉，牛肉或者豆腐，亦可以加\$3選擇蝦，魷魚，魚或者鴨。所有特價晚餐主菜都配有jasmine rice, Tom-yum soup（泰式酸辣湯），雞蛋捲和炸肉餃子。我選擇了14號的Moo-Yang（烤肉）。亦選擇了N2 和Pad-Si-Ew（主菜）(\$8.95)，中國西蘭花配炒米粉。飲品來說，Thai Iced Tea (\$2.50)擁有一剛剛好的甜味與茶味，不會用過多的奶油在其中。

除了Jasmine rice,糙米飯亦可以選擇並不用增加額外的費用。Moo Yang非常好的好味。擁有可口的甜味與醬油的味道，是非常好的飯食配菜。Tom Yum soup是用擁有甜酸味道的檸檬草（擁有奇妙的柑橘氣味，原產於東南亞和印度的植物），kaffir lime（原產東南亞和印度的橘子），galangal（薑科植物之一）所製作的。更融和魚露，檸檬汁和辣椒碎入其中。雞蛋捲是用條狀的蔬菜和粉條所油炸的。炸肉餃子不需要有很厚的外皮，配合餃子的醬汁將會更加的美味。

Pad-Si-Ew（用醬油煸炒）略帶小小韌勁並煮得恰到好處，寬扁麵條和老抽帶給了它簡單而完美的醬油及魚露味，更配可口的中國西蘭花。我的晚餐同伴作為一個素食主義者，亦很喜歡簡單而豐厚的蔬菜部分。

Dok Bua的服務是殷勤和友好的，所有的服務員會確定你是否用餐愉快。如果你想要在the Brookline和Allston附近嘗試新的泰菜，你可以選擇去Dok Bua。

6個夏季節約貼士

夏季已至，這是一年當中最適合與家人和朋友相聚的時光。然而當我們需要面對度假，短途旅行，夏令營，上漲的電費和燃油費，以及參加婚禮等不同的活動時，夏季可以說是一個昂貴的季節。以下有6個貼士可以讓你參考如何在夏季節約金錢。

1. 戶外燒烤。在家中煮食永遠是一個好方法來節約金錢，但是在夏季的時候亦會相對增加你的能源賬單。使用爐灶和烤箱烘焙只會增加額外的熱量導致提高你的房屋的溫度。考慮烹調更多的燒烤的食物可以令你保持房屋內的清涼。

2. 合理使用冷氣機。當外面清涼的時候打開你的窗戶通風。在你睡覺以前關上冷氣機或者盡可能的使用時間設定功能。打開你的窗簾可帶來陽光，但是亦可帶來熱量，不要讓你的冷氣機更加艱苦的運作。窗口是你家中其中之一最大的熱量增加的來源。

3. 建立你的花園或者遊覽農貿市場。沒有比當你回到家中，到你的後花園採摘你的晚飯材料更有趣及節約的事情了。即使會有一定的初始費用，但是仍然有很多不同的理由可令你節約金錢。如果你沒有地方可以讓你創建一個花園，你可到你住的附近的農貿市場選擇購買廉價的季節性的農貿產品。

4. 在你的鎮區範圍內選擇參與免費或者廉價的活動。昂貴的遊樂園固然有趣，但亦會花費你很多的費用。查找當地的報紙或者網址所提供的社區活動，可令你和你的家庭在享受歡樂的同時花費的更少。

5. 自己製造冰咖啡。炎熱的夏天，凍飲是最好降溫選擇。每日花費\$4去購買一杯大冰咖啡亦是一筆不小的開支。用每日早上剩餘的咖啡嘗試製造你的冰咖啡。我已經戒了咖啡很多年了（這才是最好的節

約方法），當我聽說如果你有時間去用冰水去製造，味道會更加好。

6. 在戶外晾曬衣服。如果你有可能可以在戶外晾曬衣服，讓溫暖的夏季陽光替你吹乾衣服。雖然可能會花費你更多的時間去晾乾你的衣服，但是亦有更多的好處用空氣吹乾。可以節約你的金錢以及增加衣服的使用壽命，乾衣機可導致衣服的縮水以及褪色。即使你不可以在戶外晾曬你的衣服，可嘗試調校你的干衣機至低熱或者只局部的干衣然後風乾剩餘的部分。（對有興趣於高爾夫的人，可以留意近期關於高爾夫預算的文章。）



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Michael Tow是New Boston Financial的主席。他是一個註冊的代表，並通過聯邦財政網絡的FINRA / SIPC的會員公司和註冊投資顧問提供證券諮詢服務。他的地址是：58 Harvard Street, Brookline。亦可致電：617-734-4400或瀏覽網站：www.newbostonfinancial.com

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6月22日，坐落在波士頓華埠的新國際青年旅舍舉辦了開放日活動，邀請了社會各界進入內部參觀，吸引了眾多參觀者。

位於波士頓市中心的文化區，劇院區，華埠，配置了480張床位的青年旅舍提供了價格實惠的住宿，主要面向年輕客戶群體。普通房間採用四到八張床位，也有兩臥含衛生間的私人房間，此外，還設有圖書館，活動室，電視室，公用廚房和一個互聯網休息室，為旅客提供了便利。

波士頓市長萬寧路在開幕致辭中說，新的青年旅舍「比現存的其他美國青年旅舍都要超前」，能夠在即將到來的假期容納招待遊客群。

根據該組織的網站，這幢司徒街19號的新建築獲得了LEED金獎認證。旅舍的氣氛設計意在「促進旅客之間的文化交流」。

該建築作為LEED認證，突出在其使用超低流廁所，高效照明系統，使用無毒清潔劑，綠色電梯，低流量的淋浴頭和水龍頭裝置，以及採用高反射率的“白”屋頂以減少冷卻需求。

波士頓國際青年旅舍在專注於業務的同時，也非常注重參與社區活動。鮑勃·西爾維亞（Bob Sylvia），波士頓青年旅舍總經理介紹表示，他們在一樓設置的社區廳是向公眾開放的，本地居民可以免費使用這個共同空間。

西爾維亞說：「如果你想使用這個社區廳進行社交聚會、會議或其他活動，你可以通過我們的網站預訂，它是免費的。」

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從7月8日起，逢雙休日，火車線路Kingston/Plymouth和Greenbush將停運。逢週六，Needham線路停運。

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取消的星期日服務	18, 37/38, 245, 436
變更的服務	52, 217, 351, 354, 439, 441, 442, 451, 455, 465, 555, CT3

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高速交通	\$1.00
巴士+高速交通1	\$1.00
通勤列車/渡輪	半價票
學生	
巴士慢車	\$0.75
高速交通	\$1.00
巴士+高速交通1	\$1.00

渡輪	
Hingham/Hull/Quincy - 波士頓	\$8.00
波士頓-Logan	\$13.00
Hingham/Hull/Quincy - Logan	\$16.00
Charlestown-波士頓	\$3.00

THE RIDE	
ADA車程	\$4.00
偏遠車程6	\$5.00

CHARLIE CARD或

成人	
巴士慢車	\$2.00
高速交通	\$2.50
巴士+高速交通1	\$4.50
內線快車	\$4.50
外線快車	\$6.50

通勤火車		
	車站購買	車上購買
區域1 A	\$2.00	\$5.00
區域1	\$5.50	\$8.50
區域2	\$6.00	\$9.00
區域3	\$6.75	\$9.75
區域4	\$7.25	\$10.25
區域5	\$8.00	\$11.00
區域6	\$8.75	\$11.75
區域7	\$9.25	\$12.25
區域8	\$10.00	\$13.00
區域9	\$10.50	\$13.50
區域10	\$11.00	\$14.00
區間1	-	\$2.50
區間2	-	\$3.00
區間3	-	\$3.25
區間4	-	\$3.50
區間5	-	\$4.00
區間6	-	\$4.50
區間7	-	\$5.00
區間8	-	\$5.50
區間9	-	\$6.00

票證	
巴士慢車月票	\$48.00
LinkPass月票	\$70.00
老人/TAP	\$28.00
學生一周5日用月票3	\$25.00
學生一周7日用月票	\$28.00
1日票	\$11.00
7日票	\$18.00
內線快車	\$110.00
外線快車	\$160.00
區域1 A	\$70.00
區域1	\$173.00
區域2	\$189.00
區域3	\$212.00
區域4	\$228.00
區域5	\$252.00
區域6	\$275.00
區域7	\$314.00
區域8	\$314.00
區域9	\$329.00
區域10	\$345.00
區間1	\$82.00
區間2	\$100.00
區間3	\$109.00
區間4	\$118.00
區間5	\$134.00
區間6	\$151.00
區間7	\$167.00
區間8	\$184.00
區間9	\$201.00
通勤	\$262.00

萬人同慶波士頓華埠主街聯歡會

6月24日，星期日，一年一度的波士頓華埠主街聯歡節在波士頓華埠舉行。歡慶活動從上午十點一直持續到下午五點。在天下為公樓牌旁的舞台上，開幕式及各種表演繽紛呈。

近七十個商家和社團在華埠的夏利臣街、啟臣街、泰勒街以及碧珠街上設置攤位。豐富的美食，亞洲工藝品以及服裝等，吸引了遊客近萬人。

開幕式由華埠主街主席余俊明，董事何遠光擔任司儀。紐英倫中華公所主席黃光野、駐波士頓台北經濟文化辦事處處長洪慧珠、波士頓僑教中心主任黃正傑、麻州眾議員陳德基（Tacky Chan）、議員麥家威（Aaron Michlewitz）、波士頓市議員普斯莉（Ayanna Presley）、議員亞萊奧（Felix Arroyo）、美國海關與邊境保護局紐英倫地區主任Kevin Weeks和Larry Brid、波士頓市警察局A-1區警長Tom Lee等人士出席開幕式並一致致詞。麻州民主黨候選人Elizabeth Warren也在下午到場致詞，並與大家合影。



舞獅表演

議員麥家威特別稱讚了波士頓市長萬寧路。1995年，波士頓市長萬寧路建立了主街系統。華埠主街為首批十

個主街之一。

開幕儀式後，黃氏、少林功夫、南派、洪青、華林派、茉莉花舞蹈

團等紛紛上台演出。Eclipse傳媒公司的時裝表演，為當天的表演活動畫下了圓滿的句號。



到場嘉賓合影



養生舞蹈表演

誠聘保姆

負責照顧四個月大嬰兒，八月中開始，需要說普通英語，合法移民。工作時間為星期一至星期五，每天需要工作大約十小時，時間會有變動。除照顧嬰兒外，要清潔、洗衣服及每星期煮食兩次。在Brookline區，有意請電Judy，412-656-5700。

全新經濟公寓
375 Rantoul Street - Beverly, MA

BURNHAM
APARTMENTS

信息資訊會
2012年7月24日，星期二
下午4:30 - 6:30
Burnham Apartments
375 Rantoul Street
Beverly, MA

2012年收入限制

家庭人數	80%入息中位數
1	\$45,500
2	\$52,000
3	\$58,500
4	\$65,000

1房 - \$1,250 / 2房 - \$1400

租金內包含熱和熱水
申請表格可在以下網址獲取：
www.burnhamapts.com

或致電以下電話通過郵寄方式獲取：
Peabody Properties : 781-794-1000

亦可到以下地址領取：

*Beverly Public Library/Reference Desk
32 Essex St., Beverly, MA

*Burnham Apartments
375 Rantoul St., Beverly, MA

填妥的申請表格將郵寄到以下地址：
Peabody Properties, Inc., c/o Burnham Lottery,
536 Granite St., Braintree, MA 02184

申請截止日期：
郵戳日期為2012年8月29日
星期三中午12點前

抽籤舉行時間和地點：
2012年9月13日，下午2點
Beverly City Hall, 191 Cabot Street
Beverly, MA

我們鼓勵所有申請人抽空出席抽籤活動，
但並不是必須的。

請提前查詢有關居住信息。如需
更多資訊，請致電781-794-1000。
租金與收入限制基於HUD時間
表，並會有所變動。信息資料
如有變更，恕不作另行通知。